

Escalante Community Center

Fall registration begins August 16 • Visit our web page: www.tempe.gov/escalante

Escalante Community Center • 2150 E. Orange Street,
Tempe, Arizona 85281 • 480-350-5800



Escalante Center Programs

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Gym

- 2 indoor basketball courts
- Youth and adult recreation classes
- Open gym basketball and volleyball
- Open gym hours may vary depending upon age group and class schedule.



Youth Center

- Billiards and air hockey
- Ping-pong and foosball
- Table games and art projects
- Coloring contests
- Drop-in activities
- Carrom board game days



Fitness Area

- Recumbent bikes
- Treadmills
- Punching bag
- Light weight dumbbells
- Universal weights
- Television w/cable, available

Tempe Public Library Resource Center (480) 350-5826

Youth and adults can access the library information and programs from this satellite location.



- Library books and reading rewards programs
- Internet computer lab and classes
- Drop-in tutoring for ages 6 to 17
- Resume Assistance

Tempe Community Action Agency Senior Center (480) 350-5870

Seniors can participate in a variety of fun-filled activities Monday through Friday from 8:30am-3:30pm



- Daily lunches
- Bingo
- Special events
- Movie days
- On-site health clinic with screenings

Westside Community Center

Fall registration begins August 16 • Visit our web page: www.tempe.gov/westside

Westside Community Center • 715 W. 5th St.,
Tempe, Arizona 85281 • 480-858-2400



The Westside Community Center is comprised of a variety of service providers. The City of Tempe provides various recreational activities for retirees, Adapted Recreation (page 9), a computer lab for all adults and youth resource programs. Tempe Boys and Girls Club Ladmo Branch, Head Start, Tempe Family YMCA and Valley Big Brothers/Big Sisters also offer exciting programs for various age groups. For more information call 480-858-2400.

Westside Retiree Center

480-858-2420
Monday-Friday 8:30am-2:30pm

A billiards table, activity room, instructional classes, recreational activities, health and fitness activities and special events are offered for retirees, ages 50 and over!

Weekly Activities Include:

Monday	
Congregate Lunch	12pm
BINGO*	6pm
Tuesday	
Special Events/Classes	varies
Wednesday	
Special events/movies	varies/1pm
Thursday	
Congregate Lunch	12pm
Friday	
Lunch/BINGO*	12pm/1pm
*Card sales begin 30 minutes prior to BINGO.	

Monthly Activities Include:

The Westside Retiree Center has classes, trips and special events on various days of the month. Please refer to your



monthly newsletter or call 480-858-2420 for more information.

See page 32 for Westside Retiree Programs.

Activities for Youth

Basic Etiquette for Kids 480-350-5201-Learn how to set the table and basic dinner etiquette. A small snack will be served. Fee: \$20.
KBEK-1D 6-12yrs Th 11/4 5:30-6:30pm KRC

Russian for Families-A beginner's class designed for parents and children who would like to learn about the country of Russia and the Russian language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art and music of this fascinating country. Fee: Adult + 1 child: \$40. Each additional child \$10. Limit two children per adult.
GRUS-2D 6yrs+ T 9/21-11/9 5-6pm KRC

Spanish Level 1-Geared to the age level of the students. Numbers, colors, every day phrases and more is taught using games and visual aids. *No class 10/17 Fee: \$17.
GSPY-1D 5-6yrs F 9/24-11/12 3-3:55pm KRC

Spanish Level 2-For those who have completed at least one session of level one Spanish. This class is geared to the age level of the students. Songs, games and visual aids make this class fun! No class 10/17. Fee: \$17.
GSPY-2D 5-6yrs F 9/24-11/12 4-4:55pm KRC

New! Baby Signs®: "Sign, Say and Play"-480-350-5201-Come learn Baby Signs® through fun, interactive experiences. Sign, Say and Play provides families with education about Baby Signs® as well as the opportunity to build supportive friendships with other families beginning their own signing adventures! This class is designed for children 6 months-3 yrs. old. Supply fee of \$60 will be collected in the beginning of class to cover the purchase of: Mealtime Signs Video, Bedtime Signs Video, My First Fun Signs Book (cloth book), More First Fun Signs Book (cloth book), Baby Signs Memory Journal, "Sign, Say and Play" Music CD, "Sign, Say and Play" DVD and a Quick Reference Guide. Fee: \$57 per family.
KSSP-1D 6mo-3yr M 9/20-10/25 6-6:45pm KRC

I Can Be Safe! 480-350-5201-Help your kids be safer-empower them to make safe choices-there's more to it than just "stranger danger". Children learn tricks used by unsafe individuals. They'll learn about choices and practice skills for their own safety in a fun and age appropriate manner. All children must register, parents encouraged to stay free of charge. Fee: \$20.
KSAF-1D 4-11yrs Sa 10/2 10-11am KRC



Exercise & Sports 480-350-5200

Baseball/Softball Skills-Fundamentals of baseball and softball in a non-competitive, non-league setting. Improve your fielding, throwing, hitting, position play and knowledge of game situations before entering league play. Fee: \$10.
BBSC-1D 5-7yrs co-ed Sa 9/25-10/16 8-9:15am MEY
BBSC-2D 5-7yrs co-ed Sa 10/23-11/13 8-9:15am MEY
BBSC-3D 7-10yrs boys Sa 9/25-10/16 9:30-10:45am MEY
BBSC-4D 7-10yrs boys Sa 10/23-11/13 9:30-10:45am MEY
BBSC-5D 7-10yrs girls Sa 9/25-10/16 11am-12:15pm MEY
BBSC-6D 7-10yrs girls Sa 10/23-11/13 11am-12:15pm MEY

Fore! Golf Instruction-Fundamentals of golf: grip, stance, chip shots, full swings, rules, etiquette, putting and use of the driving range. All equipment provided. Fee: \$20.
EFOY-1D 9-11yrs T 11/16-12/7 4-5pm KMGC
EFOY-2D 12-15yrs W 11/17-12/8 4-5pm KMGC

Football Skills-Fundamentals of football in a relaxed non-competitive environment. Flag scrimmages only. Fee: \$10.
EFFB-1D 6-8yrs Sa 9/25-10/16 9:45-10:45am CRC
EFFB-2D 6-8yrs Sa 10/23-11/13 9:45-10:45am CRC

In-Line Skate Kids Camp- Learning safe skating habits. Games like "red/light green-light" are incorporated into each class to make learning fun for all ages! Fee: \$26.
GISK-9D 7-11yrs Su 11/7-21 10:30-11:30am KRCP

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Judo-See description in Activities for Adults section.

Kids Discover Scuba-So you think you might like to learn to Scuba dive. Here is your chance to test the waters! This two-hour introduction to Scuba will give you a hands-on look at what the sport is all about. You will learn about equipment safety and certification requirements (This is not a certification class). Wear your swimsuit, bring a towel and get ready to have fun! Fee: \$24.

GTDS-1D	12-15yrs	T	9/21	4-6pm	OCP
GTDS-2D	12-15yrs	Th	10/14	4-6pm	OCP
GTDS-3D	12-15yrs	Th	11/11	4-6pm	OCP

Jujitsu for Kids 480-350-5201-Learn a Jujitsu System that was used by feudal police of the Samurai Era. No prior martial art training is needed. This class will focus on basic concepts, footwork as well as standing and falling techniques. Class meets on Thursday and Sunday.

KJUI-1D	9-14yrs	Th	9/2-9/30	8-8:45pm	\$30 KRC
		Su		1-1:45pm	
KJUI-2D	9-14yrs	Th	10/3-10/31	8-8:45pm	\$30 KRC
		Su		1-1:45pm	
KJUI-3D	9-14yrs	Th	11/4-11/28*	8-8:45pm	\$23 KRC
		Su		1-1:45pm	
KJUI-4D	9-14yrs	Th	12/2-12/12	8-8:45pm	\$15 KRC
		Su		1-1:45pm	

*No class on 11/11 or 11/25.

Kids Karate 480-350-5201-Increase discipline, focus, concentration, self-esteem and social skills! Learn the self-defense art of Hawaii Kenpo Karate from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35 (required). New students orientation at 4:30pm on first day of class, parents are encouraged to attend. This is an on-going program with room for belt rank advancement (there are belt-testing fees).

KKAR-1D	5-14yrs	T/Th	9/2-9/30	5-6pm	\$50 KRC
KKAR-2D	5-14yrs	T/Th	10/5-10/28	5-6pm	\$50 KRC
KKAR-3D	5-14yrs	T/Th	11/2-11/30*	5-6pm	\$50 KRC
KKAR-4D	5-14yrs	T/Th	12/2-12/16	5-6pm	\$25 KRC

*No class on 11/11 or 11/25.

Martial Arts of the Peaceful Warrior-Systems of self defense based on the principles of jujitsu, karate, Aikido and street defensive techniques. Emphasizes the importance of non-violence. Fee: Youth \$18; Adult \$31.

EKAM-2D	6-9yrs	Sa	9/25-11/13	12-12:55pm	PAC
EKAM-3D	6yrs+	Sa	9/25-11/13	1-2:20pm	PAC
EKAM-4D	6yrs+	Sa	9/25-11/13	2:25-3:50pm	PAC

Martial Arts of the Peaceful Warrior Advanced-Permission of instructor required. *No class 11/11. Fee: Adult \$31; Youth 18.

EKAM-5D	8yrs+	Th	9/23-11/18	7:00-8:00pm	LIB
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Tot/Parent Play Time 480-350-5201-(Formerly titled "Sports for Tots"). Class gives parents and children the opportunity to interact in a safe recreational environment using our gym and its equipment. Helps children develop gross motor skills through a variety of activities. 4 weeks. Fee: \$8.

KSFT-1D	2-4yrs	M	9/13-10/4	10-11am	KRC
KSFT-2D	2-4yrs	Th	10/14-11/4	10-11am	KRC

Soccer Skills-Coed-Develop your soccer skills! Emphasis is on lead-up drills and relays to help you gain the skills needed to pass, dribble and trap. Learn the basics in a non-competitive environment. Shin protection is recommended. Fee: \$10.

SSCY-1D	5-7yrs	T	9/21-10-12	3:45-4:45pm	CRC
SSCY-2D	5-7yrs	T	10/19-11/9	3:45-4:45pm	CRC
SSCY-3D	5-7yrs	Sa	9/25-10-16	11am-12pm	CRC
SSCY-4D	5-7yrs	Sa	10/23-11/13	11am-12pm	CRC

Volleyball Skills-Coed-Using a short net and soft easy to hit balls, you will learn some basic skills and rules of volleyball. The emphasis on this class is fun! Fee: \$10

VBCY-1D	8-10yrs	Sa	9/25-10/16	1-2pm	CRC
VBCY-1D	8-10yrs	Sa	10/23-11/13	1-2pm	CRC

Yoga-Parent/Child Workshop-Would your child like to come to Yoga with you? This is your chance to join Marcene while she introduces your child to the fun and benefits of Yoga. Breathing and fun poses will help kids channel their energy and focus their minds. Fee: \$15 (1 adult, 1 child)
EYOM-15D 6yrs+ Sa 11/13 Noon-2pm LIB

Escalante Community Center

Early Childhood Education Program-This program offers a variety of organized activities for pre-school children, ages 3-5. The program's emphasis is on developing social, motor and cognitive skills in a fun, safe and educational setting. We offer both a morning and afternoon session as well as a Readiness program to prepare children for kindergarten.

July 30: Registration packets available at the Escalante Community Center, 2150 E. Orange, Tempe.

Aug 17: Registration begins at 9am. A limited number of slots are available.

Registration is first come, first served and must take place in person at the Escalante Community Center.

Sept 7: 15-week Fall Session begins.

Tiny Tots

3yrs M/W 9:30-11:30am OR 12:30-2:30pm.

*Participants must be potty trained.

Kinder-Readiness

4-5yrs T/Th 9:30-11:30am OR 12:30-2:30pm.

*Parents may sign up for either the morning or afternoon session, not both.

*Student must be 3yrs by September 7th for Tiny Tots

*Student must be 4yrs by September 7th for Kinder-Readiness.

Family Place Parent/Child Workshop-Parents/Care Givers and children ages 1 to 3, can spend quality time playing together, creating crafts and interacting with new people in a safe and fun environment. Tempe Public Library staff and community experts provide information on literacy, child development, speech, nutrition, behavior and discipline. Books, videos, cassettes and CD's can also be checked out once registered. 5 weeks: 8/19-9/16 (ESCA), 9/23-10/21 (WCC) Fee: None

ZFPW-1D	1-3yrs	Th	9:45-11am	ESCA
ZFPW-2D	1-3yrs	Th	9:45-11am	WCC

Wee-One Halloween Adventure-Join us for a fun-filled hour of arts and crafts that center around the halloween holiday. Fee: None.

ZWHA-1D	4-6yrs	Th	10/21	3:30-4:30pm	ESCA
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Wee-Ones Winter Adventure-Bring your child for some holiday fun! We will be making fun arts and crafts that focus on winter holidays. Fee: None.

ZWOA-1D	4-6yrs	T	12/14	3:30-4:30pm	ESCA
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"Mommy & Me" Art Class-Perfect chance for mommy or daddy to spend fun quality time with their child creating memorable art projects. 4 weeks: 9/15-10/6. Fee: None
ZMAC-1D 3-4 yrs W 10:30-11:30am ESCA

Caring Friends-Each week will focus on a different story about having good character, talk about the lesson and then end with a fun arts and crafts activity. 4 weeks: 9/17-10/8 Fee: None

ZBGC-1D	3-5 yrs.	F	1:30-2:30pm	ESCA
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Drop In Story Time-Drop by and enjoy this bilingual story time. Two to five year olds and their parents can participate in this fun and educational program. 4 weeks: 9/15-10/6 Fee: None.

ZDST-1D	2-5yrs	W	10:30-11am	ESCA
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Activities for Youth

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Leaping and Learning-Books magically come to life with voices, music, silly sounds and games while children learn to read, say it, sound it, spell it and define it as they interact with Leap Frog Learning Systems. These interactive units encourage children to read and learn at their own pace. Children place a book in one of the LeapPad Learning System players, pop in the cartridge and touch any page with the Magic Pen to hear words and stories read out loud. Each book is packed with engaging activities, games, stories and facts that make reading and learning fun. Parents/Care Givers and children, ages 3 and up, can share quality time reading and interacting together to promote literacy in a one on one setting. No class on 11/24/04. 5 wks: 11/3-12/8. Fee: None.
ZLAL-1D 3yrs+ W 4-5pm ESCA

Outside Game Time-Let's go outside and enjoy the nice weather for some fun games. 4 weeks: 9/18-10/9 Fee: None.
ZOGT-1D 3-5yrs Sa 10:30-11:30am ESCA

Hooptime-Learn some of the basics of basketball. 4 weeks: 9/18-10/9. Fee: None.
ZHPT-1D 4-6yrs Sa 10:30-11:30am ESCA

Parachute Fun-Play some fun parachute games. Parents welcome to participate. 4 weeks: 9/18-10/9 Fee: None.
ZPRF-1D 4-6yrs Sa 12-1pm ESCA

Baseball for Beginners-Come learn how to play baseball. We will go outside and play on the real diamond. 4 weeks: 10/23-11/13 Fee: None.
ZBAS-1D 4-6yrs Sa 10:30-11:30am ESCA

Make It, Take it Art!!!-Come on in and make an exciting art project and take it home with you to show your family. 4 weeks: 10/23-11/13 Fee: None.
ZMTA-1D 3-5yrs Sa 10:30-11:30am ESCA

Fun in Motion-All the little ones; come learn cooperation and movement through games and activities. 4 weeks: 10/23-11/13 Fee: None.
ZFIM-1D 4-6yrs Sa 12-1pm ESCA

Story Art-Make reading hands on by sharing the joy of your favorite stories and making projects to take home. 4 weeks: 11/20-12/18 (No class on Nov. 27th) Fee: None.
ZSTR-1D 3-5yrs Sa 10:30-11:30am ESCA

Gym Critters-Play a variety of games such as duck duck goose, simon says and red light green light. 4 weeks: 11/20-12/18 (No class on Nov. 27th) Fee: None.
ZGMC-1D 4-6yrs Sa 10:30-11:30am ESCA

Soccer Time-Learn some fundamentals and soccer skills. 4 weeks: 11/20-12/18 (No class on Nov. 27th) Fee: None.
ZSOC-1D 4-6yrs Sa 12-1pm ESCA

Youth Activities at Escalante Community Center

Character Building-This four week class will focus on the virtues of being a better person. Each week we will discuss the core values of character and do a fun activity. 4 weeks: 9/16-10/7 Fee: None.
ZCHB-1D 8-12yrs Th 4-5pm ESCA

Creepy Crawlies-Kids, come learn about the exciting world of insects! The activities will be based around two literature selections. Fun activities will include art activities worms and mud. 4 weeks: 10/20-11/10. Fee: None.
ZCCW-1D 7-9yrs W 4-5pm ESCA

Quiz Game Show-Each week a different set of questions will be prepared based on a subject. Answer a question correctly and you earn points. At the end of the quiz round, you can bid on prizes with the points earned. The subjects to be covered are Books and Authors, History, Sports and The Internet. Subjects may change. 4 weeks: 9/30-10/21 Fee: None.
ZQGS-1D 8-14yrs Th 3:45-4:45pm ESCA

Leap Frog/Leap Pad-Students learn best when they're fully engaged. These interactive reading tools will enable students to learn by seeing, touching and hearing something which is appeals to all the ways children learn while also providing immediate and positive corrective feedback. 14 weeks: 9/13-12/17 Fee: None.
6yrs+ M-F 3-8pm ESCA

Let's Read-Its fun to read and now you can earn cool prizes while you do it! Read a book, get a sticker. Earn 25 stickers and pick a prize out of the grab bag. You can read at home, at school, at the library or anywhere. Register at the Escalante Center in the Tempe Public Library Educational Room and have fun reading this fall! 13 weeks: 9/14-12/17 Fee: None.
6-12yrs T-F 3-5pm ESCA

Music in Progress-The "Progress" series continues to reinforce the skills your student learns at school. This fall we focus on the different styles of music, sounds, styles and lyrics. 4 weeks: 9/14-10/5. Fee: None.
ZMIP-1D 7-12yrs T 3:30-4:30pm ESCA

Reading in Progress-The last class in the "Progress" series. This class will focus on reading rewarding participants with certificates and prizes. "At-home" reading counts towards this program. "Leap Pads" available, on-site only, for younger participants to introduce and encourage reading. 4 weeks: 10/19-11/9. Fee: None.
ZRIIP-1D 7-12yrs T 3:30-4:30pm ESCA

More Origami!-This class starts with the basic paper airplane and into art! Level easy, difficult and fun! 4 weeks: 9/8-9/29. Fee: None.
ZORG-1D 7-12yrs W 3:30-4:30pm ESCA

Holiday Happenings-Each holiday celebrated with arts and crafts and lots of fun! Fee: None.
ZHAL-1D 7-12yrs W 10/20 3:30-4:30pm ESCA
ZTHA-2D 7-12yrs W 11/17 3:30-4:30pm ESCA
ZWIN-3D 7-12yrs W 12/15 3:30-4:30pm ESCA

Loteria!-Bingo with a Spanish twist! Learn a little Spanish and win a neat prize! 4 weeks: 9/16-10/7. Fee: None.
ZLRA-1D 7-12yrs Th 3:30-4:30pm ESCA

Lego Challenge Day-Your creativity will be challenged in this one-time event. Use our diagrams to put together a lego figure or create your own. Prizes awarded for creativity, speed and team-effort. Fee: None.
ZLCD-1D 7-12yrs W 12/1 3:30-4:30pm ESCA

Home Work Help-Students between the ages of 6 to 17 years old can get help doing homework. Come to the Escalante Community Center Education Room during youth time for assistance. 13 weeks: 9/13-12/17 Fee: None.
6-17yrs M-F 3-5pm ESCA

CPR For Kids-Children need to know what to do in an emergency. This course is filled with fun learning activities designed to help children feel confident in the event of an emergency. Fee: \$1.
ZCPR-1D 7-10yrs Sa 11/13 10-11:30am ESCA

Fall Spelling Bee-Sign up to compete with other spellers your age. This competition will be challenging and fun at the same time. Prizes will be awarded to winners! Fee: None.
ZFSB-1D 6-14 yrs W 10/13 5-6:30pm ESCA

Tricky Pix-Do-it-yourself trick photography! Come and learn about camera angles and secret to illusions. You are welcome to bring your own camera. Fee: \$2.
ZPIX-1D 8-12 yrs Tu 11/16 4:30-5:30pm ESCA

Pumpkin Painting Extravaganza!-Join us for fun and creative pumpkin painting and decorating. Register by October 15th. Fee: \$1.
ZPPE-1D 6-8 yrs Tu 10/19 4-5pm ESCA
ZPPE-2D 9-12 yrs W 10/20 4-5:30pm ESCA

Youth Gym Activities at Escalante Community Center

SESSION I September 13th -October 9th

Plan It League-Attention all girls in grades 4-8th! Learn basketball skills and team play while you compete against other teams from the east valley. Call for more info. (480) 350-5800. 9 weeks: Fee: None.
9-13 yrs W 9/22-11/17 5:30-8:30pm ESCA
F 9/24-11/19

Football-Play arena style football. 4 weeks: 9/13-10/4. Fee: None.
ZFBF-1D 9-12yrs M 4:30-5:30pm ESCA

Teambuilding-Work together as a team as you work your way through some cool stunts. 4 weeks: 9/15-10/6. Fee: None.
ZTBD-1D 8-10yrs W 4:30-5:30pm ESCA

Around the World-Play a variety of games from places all around the world.. 4 weeks: 9/17-10/8 Fee: None.
ZATW-1D 6-10yrs F 4:30-5:30pm ESCA

SESSION II October 18th -November 13th

Hoop It Up-Shoot around or play some games. 4 weeks: 10/18-11/8 Fee: None.
ZHIU-1D 9-12yrs M 4:30-5:30pm ESCA

UFO's-Play some fun games with frisbees and boomerangs. 4 weeks: 10/20-11/10 Fee: None.
ZUFO-1D 6-10yrs W 4:30-5:30pm ESCA

Outside Fun-Take it outside and play in some games like kickball and baseball. 4 weeks: 10/22-11/12 Fee: None.
ZOSF-1D 7-12yrs F 4:30-5:30pm ESCA

SESSION III November 15th-December 18th (No classes week of Nov. 22nd-Nov.26th)

Kickin It-Learn the fundamentals of soccer in a non-competitive setting. 4 weeks: 11/15-12/13. (No class on Nov. 22nd) Fee: None.
ZKIT-1D 7-10yrs M 4:30-5:30pm ESCA

Game On-Play a variety of games such as 4-square, bump out, around the world and medic. 4 weeks: 11/17-12/15 (No class on Nov. 24th) Fee: None.
ZGMO-1D 8-12yrs W 4:30-5:30pm ESCA

Team Play-Play your favorite games in a team setting. 4 weeks: 11/19-12/17 (No class on Nov. 26th) Fee: None.
ZTPY-1D 8-12yrs F 4:30-5:30pm ESCA

Special Events at Escalante Community Center

Family Bingo Night-A fun filled night with prizes, raffles and snack concession stand. All ages welcomed. Fee: None.
ZBIN-1D Families F 10/1 5:30-7:30pm ESCA
ZBIN-2D Families F 11/12 5:30-7:30pm ESCA

Family Fun Night-Play a variety of board games, cards, pool and other unique games. Win raffle prizes! Enjoyable for the entire family. A snack concession stand will be provided. Fee: None.
ZFFN-1D Families F 9/17 5:30-7pm ESCA

Check Out a Book-Seniors, Adults and Children can visit the Tempe Public Library's Resource Room and/or the Senior Center at the Escalante Community Center to check out books from the new and always changing book collection. Any questions or requests call (480) 350-5802. 14 weeks: 9/13-12/18. Fee: None.
6yrs+ T-F 11am-8pm ESCA

Activities for Youth

Escalante Project Quest-This program offers Junior High students, ages 9-12, adventure and educational opportunities for growth!

Nat. Bridge State Park Picnic Sa 9/18 7am-6pm \$2
Schnepf Farms Th 10/14 4:30-9pm \$2
Ice Skating F 12/3 5-8:30pm \$2

Call (480) 350-5800 for more information.

Spooktacular!

Family Halloween Adventure-Come experience a thrilling adventure through our eerie mansion! Crafts, haunted house, graveyard display and games provide a night of fun, fright and frolic.

Admission to Family Halloween Adventure can be purchased at Escalante Community Center on the night of event for \$2.
 Families Sa 10/30 6-8:30 pm ESCA



Special Events at Kiwanis Recreation Center

6th Annual Family Campout

Saturday & Sunday, October 30 & 31, 2004
 Kiwanis Recreation Center, 6111 S. All America Way
 480-350-5201

"Lions and Tigers and Bears, Oh My!" Share a bonfire with your family, neighbors and loved ones at the Kiwanis Park Recreation Center beginning Saturday, October 30 at 12pm through Sunday, October 31, 2004 at 12pm. There will be singing, a bonfire, games, storytelling, skits and special guest appearances from outdoor professionals to teach outdoor skills. Come join us around the campfire where singing, stories and s'mores will be plentiful. Campers will need to supply their own tents, sleeping bags, gear and food for this event. OR, you can contact Outback Outfitters at 480-985-1679 or www.outbackaz.com to rent your needed camping items. For a nominal additional fee you can add ALL your meals, snacks and beverages to make this weekend truly effort free. Make memories happen and register today!

Fee: \$12 per person regular registration OR
 \$30 per person regular registration including all food, snacks and beverages
 \$15 for children 12yrs and younger including all food, snacks and beverages

This program requires completion of a registration form not found in this brochure. Registration Form can be obtained at the Kiwanis Recreation Center, from Outback Outfitters, by calling 480-985-1679, or on the web at www.Outbackaz.com

The KRC Family Campout is an Outback Outfitters, Inc. production. No refunds will be available.

Friday Nite's Main Event

September 10-December 17
 Kiwanis Recreation Center, 6111 S. All America Way
 480-350-5201

Friday Nite's Main Event is an interactive youth entertainment program for 9-14 year olds. This program offers an exciting "Nite Out" for parents and their children virtually every Friday at KRC from 7 until 11 p.m. Parents simply fill out a short registration form and pay an \$8 admission fee, then they are free to go enjoy an "evening off" while their child enjoys an "evening out." Activities most weeks include a live DJ, karaoke, dance contests, basketball tournaments, body art, raffles, concessions and much more. (Additional fees for food, raffles and specialty items.) For more information please call 480-699-0163.

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Family Fishing Day

Saturday, October 30, 2004
 Kiwanis Recreation Center
 6111 S. All America Way
 480-350-5201

Kiwanis Park Recreation Center wants to have your Family "hook, line & sinker" on Saturday, October 30, 2004 from 8am till 12pm. This is the perfect time to get "hooked" on fishing and spend some fun time with your loved ones. All fishing event materials will be provided to the participants. Participants will meet at 8am at Kiwanis Lake Ramadas #4 & #5.

Additionally, anglers are encouraged to bring their own snacks and beverages for a family fun day at Kiwanis Lake. Fee: \$3 per person.

KFFD-2004 8yrs+

Tempe Health Fair-The Tempe Health Coalition, a partnership among Tempe Community Action Agency, ASU School of Nursing, the City of Tempe and Tempe St. Lukes, will be sponsoring a health fair on **Wednesday, October 6, 2004** from 4-7-pm to be held at the Escalante Community Center, 2150 E. Orange Street in Tempe.

Free health screenings and information will be available for all ages in the Tempe community. This annual fair will also include entertainment, children's activities, giveaways, snacks and food bags to take home. For more information, please call Kathleen Wright at 480-350-5893.

WITHOUT YOUR CITY LIBRARY...

WHERE WOULD YOU
CHECK IT OUT?

A reminder from your city of



KID ZONE

Learn, Discover & Explore
Kid Zone Enrichment Program

Award Winning Kid Zone Enrichment Program
 Before and After School Programs
 Operating August-May in Most Elementary Schools in Tempe

If you want Clubs, Learning and Security, then you want your child in the Kid Zone Enrichment Program.

- Instructors teach a variety of activities that reflect children's interests.
- Clubs are ongoing, don't cost extra and use child-centered curriculum
- Nutrition, fitness, chess, art, sports, gardening and computer are a few of the clubs offered

Kid Zone has been chosen "Best Program In the State/Valley" by the Governor's Office because:

- Follows accreditation guidelines of the "Standards for Quality School Age Programs"
- Low ratios (1 to 12)
- Highly trained, dedicated staff
- Specific curriculum that compliments the school day
- Lots of age-appropriate choices

Kid Zone is sponsored by the City of Tempe, Kyrene School District and Tempe Elementary School District.

Kid Zone schools include:

- Aguilar • Arredondo • Broadmor • Bustoz
- Carminati • Curry • Evans • Fuller
- Holdeman • Hudson • Laird • Manitas
- Mariposa • Meyer • Ninos • Norte
- Rover • Waggoner • Wood

Kid Zone is affordable:

- \$45 per week for fulltime, other options available.
- DES and scholarships available to qualifying families.
- Full day camps for registered participants for Fall, Winter and Spring Breaks.

Registration, fee schedules and program policies available by calling 480-350-5400 and requesting a program handbook.



Registration for the Fall 2004 school year is taking place now and throughout the school year. All sites have a limited number of spaces, don't wait to register.

Activities for Teens

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Visual, Performing & Language Arts 480-350-5287

Ceramics See page 20.
Beginning and Intermediate Guitar See page 21.
Belly Dance I, II, III See page 21.

Scrapbooking Camp 480-350-5201-Spend time with your friends creating a scrapbook to hold all of your photos and memories (please bring your photos for class). The class includes a 12x12 photo album (color of your choice), stickers, colored paper, adhesives, album page protectors and usage of all Scrapbooking tools. Please bring a non perishable sack lunch. Fee: \$67.

KSBK-1D 10-16yrs Sa 9/25 9am-1pm KRC

General Interest

American Red Cross Babysitting Course 480-350-5201-Learn how to properly care for small children, including accident prevention, feeding/dressing and what to do for breathing emergencies. Bring a non-perishable sack lunch. Fee: \$43.

KBB1-1D 11-16yrs Sa 11/6 9-3pm KRC
KBB1-2D 11-16yrs Sa 12/11 9-3pm KRC

Health, Exercise & Sports Classes

Climbers Only for Teens 480-350-5200-You will build self-confidence while enjoying the excitement and challenge of rock climbing in an indoor, safety oriented environment. This clinic includes climbing, bouldering, rappelling, belaying and safety awareness. Participants need to arrive 15 minutes prior to class start time to be fitted for shoes and complete waiver form. Fee: \$27.

CCTY-1D 11-15yrs Th 9/30-10/21 6:30-8:30pm ROC
CCTY-2D 11-15yrs Th 10/28-11/18 6:30-8:30pm ROC

Judo 480-350-5200-An Olympic Sport, Judo is a form of grappling, throwing and self-defense. Techniques are indicative to many styles of Jujitsu; traditional martial arts for beginning and intermediate students. Sweats are recommended. Fee: Adult \$40 Youth \$20.

EJUM-1D 13yrs+ M 10/11-12/20 7-8:30pm LIB
EJUM-2D 13yrs+ Sa 10/16-12/18 10-11:30am CRC

Karate 480-350-5201-Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35 (required). New student orientation at 5:30pm on first day of class. This is an on-going program with room for belt rank advancement (there are belt-testing fees).

KKAR-5D 15yrs+ T/Th 9/2-9/30 6-7:30pm \$50 KRC
KKAR-6D 15yrs+ T/Th 10/5-10/28 6-7:30pm \$50 KRC
KKAR-7D 15yrs+ T/Th 11/2-11/30 6-7:30pm \$50 KRC
KKAR-8D 15yrs+ T/Th 12/2-12/16 6-7:30pm \$25 KRC

Karate 480-350-5200-Join this traditional martial arts class for beginning and intermediate students. Sweats are recommended attire. Fee: Adult \$40 Youth \$20

EKAM-1D 13yrs+ Sa 10/16-12/18 11:35-1pm CRC

Martial Arts of the Peaceful Warrior 480-350-5200-This system of martial arts is based on the principles of jujitsu, karate, aikido and street defensive techniques. Emphasizes the importance of non-violence. Family participation is encouraged. Fee: Adult \$31 Youth \$18.

EKAM-3D 6yrs+ Sa 9/25-11/13 1-2:20pm PAC
EKAM-4D 6yrs+ Sa 9/25-11/13 2:25-3:50pm PAC

Martial Arts Advanced 480-350-5200-Adult \$31 Youth \$18. Permission from the instructor required.

EKAM-5D 8yrs+ Th 9/23-11/18 7-8pm LIB



Teens Discover Scuba 480-350-5200-So you think you might like to learn to Scuba dive. Here is your chance to itest the waters! This two-hour introduction to Scuba will give you a hands-on look at what the sport is all about. You will learn about equipment, safety and certification requirements (this is not a certification class). Wear your swimsuit, bring a towel and get ready to have fun! Participants need to arrive 30 minutes prior to class start time to be fitted for equipment and complete waiver form. Fee: \$24.

GTDS-1D 12-15yrs T 9/21 4-6pm OCP
GTDS-2D 12-15yrs Th 10/14 4-6pm OCP
GTDS-3D 12-15yrs Th 11/11 Noon-2pm OCP

Volunteer Opportunities for Teens

Help your community and build a record of community service by volunteering. School-year opportunities exist at the Tempe Public Library, Tempe Historical Museum and more starting in September. For information, call the Volunteer Office.

Service Groups Wanted!

The City of Tempe is looking for school, corporate and other service groups to help run its special events for the community. For a list 2004/2005 one-time group projects, call 480-350-5190.

Become a Museum Volunteer!

Either of the following free events is a good way to explore all that volunteers can do at the Tempe Historical Museum, 809 E. Southern Ave.

Volunteer Kick-off Breakfast
Tuesday, September 21, 9 am

Museum Volunteer Orientation
Tuesday, October 5, 9 am

Be a Buddy Bowler!

Help a special-needs athlete! Volunteers are needed to serve as team captains and to assist bowlers in this special league. Games are played Saturday mornings at AMF Tempe Village Lanes, 4407 S. Rural Rd., September 11-November 20. Call Linda Cano at 480-858-2469.

Youth Sports Coaches Needed

Love sports and kids? Why not coach a flag football or boys' baseball team this fall? No experience necessary; training provided. Games and practices are held weekday evenings and/or Saturdays. Contact Shane Isabell at 480-350-5222 or Bobbi Jones at 480-350-5267.

On-going Collection Drives-There are permanent collection bins in the Tempe Public Library lobby for: Campbell's product labels (redeemed for equipment and supplies for the Youth Library)
Tuna, peanut butter, small packs of tissues and wipes, hard candies, manual can openers, crackers (used to make emergency kits for community members in crisis and distributed by the CARE7 Crisis Response Team)

Volunteer Opportunities for Teens

Build a record of community service, gain work-like experience and help your community by volunteering. School-year opportunities exist at the Tempe Public Library, Tempe Historical Museum, and more. For information, call the volunteer office at 480-350-5190.

High School Service Clubs Wanted!-Is your high school service club looking for one-time group projects? The City of Tempe needs your help to run its special events. Call 480-350-5190 to request a project list and to sign up.

Activities for Teens at Escalante

Escalante Club Brio Teen Nights-Teens, ages 13-18, will create memories by participating in social events and unique, non-traditional sports activities in a club atmosphere. If you are interested in signing up for these field trips call 480-350-5800.

"As You Wish Pottery"	T	9/28	5-7pm	\$3
Haunted House	F	10/22	5-9:30pm	\$6
AMC Movie Night	Th	11/18	4:30-8:30pm	\$1

Teen Life Skills-This class will help young people improve their ability to implement positive character attributes that include trustworthiness, respect, responsibility and citizenship. 4 weeks: 11/16-12/7 Fee: None

ZTFS-1D 13-18yrs T 5-6pm ESCA

Above the Rim-Open gym style basketball strictly for teens. Come show us your skills during open play. Play is monitored and timed with a set of rules to ensure positive play. Ongoing: 9/14-1/14. No Class 11/25. Fee: None.

13-18yrs T/Th 4-5:15pm ESCA

Salsa Dance-Are you ready to learn Salsa? Come out and pick up some New York, street style Salsa moves. The class will combine basic Salsa steps and shines and the latest Salsa music. This dance is hot...literally, so dress ready to sweat! No previous dance experience necessary. No partner needed. Dance shoes are optional. 8 weeks: 9/15-11/10. No Class 10/16. Fee: None.

ZSSD-1D 10-19yrs W 6-7pm ESCA

Hip Hop Dance-Do you want to learn the latest moves so you can groove at the next school dance? Do you just want to come out and have a good time while learning the hottest hip-hop moves? This class will combine hip-hop with the most modern and up to date dance moves. Come join us and have a good time while dancing. 8 weeks: 9/14-11/2. Fee: None.

ZHHD-1D 12-18yrs T 5:30-6:30pm ESCA

Activities for Adults

Health, Exercise & Sports Classes (480) 350-5200

Adult Fitness-Meet new people and feel great while working out in our fitness center. 8 weeks: 9/13-11/3. Fee: None.

ZFIT-1D 18+yrs M/W 11am-Noon ESCA

Holiday Adult Fitness-Get a jump start on one of your New Year's resolutions and join our fitness club. You will receive equipment orientation and access to our free fitness facility. 4 weeks: 11/15-12/15. No class 11/22 & 11/24. Fee: None.

ZHAF-1D 18+yrs M/W 11am-Noon ESCA

Exercise, Core Training with Body Balls & Aerobic Bars-Take your fitness training to the next level in this exciting new class! You will develop core strength while improving your flexibility, balance and endurance using body balls and aerobic bars. (9 sessions) Instructor: LuAnne. Fee: \$21.

ECTB-1D 16yrs+ W 9/15-11/10 6:30-7:25pm PAC

Exercise, Low Impact Aerobics-480-350-5200-Reduce impact stress on injury prone areas of the body while maintaining or improving cardiovascular conditioning. Low impact does not mean low intensity, nor is this a non-impact class in which neither foot ever leaves the floor. Students must provide own small rug or mat. Instructor: Takiya (16 sessions). Fee: \$38. *No class 10/21.

EALM-1D 16yrs+ T/Th 9/14-11/4 5:35-6:25pm PAC

Exercise, Step Aerobics-480-350-5200 A high energy, low impact cross training program which includes step work, weight training and abdominal exercises. Prior step experience helpful. Steps provided. Instructor: Amin (16 sessions). Fee: \$38. *No class 10/21.

EASM-1D 16yrs+ T/Th 9/14-11/4 6-6:50pm PAC

Exercise, Body Sculpt-480-350-5200 Through a series of non-aerobic exercises, using gravity, hand-held weights and resistance equipment such as elastic bands, you will gain specific muscle conditioning, building strength, endurance and flexibility. Build strong bones, enhance breathing/circulation, tone muscles and relax your mind and heart. Instructor: M/W Tanya, T/Th Takiya (16 sessions). Fee: \$38. *No class 10/21.

EBSM-1D 16yrs+ M/W 9/13-11/3 6-6:50pm PAC

EBSM-2D 16yrs+ T/Th 9/14-11/4 6:30-7:20pm PAC

Exercise, Total Body Conditioning-480-350-5200 It's not just cardio-conditioning and it's not just muscle toning; it's both. Class focuses on concentrated complete fitness work. Instructor: Aminah (16 sessions). Fee: \$38.

ETBM-1D 16yrs+ M/W 9/13-11/3 5:35-6:25pm PAC

HOLIDAY MINI-EXERCISE:

*No class 11/11, 11/25 & 11/26

Exercise, Core Training with body balls and aerobic bars

ECTB-2D 16yrs+ W 11/17-12/15 6:30-7:25pm \$16 PAC

Low Impact

EALM-2D 16yrs+ T/TH 11/9-12/16 5:35-6:25pm \$24 PAC

Body Sculpt

EBSM-3D 16yrs+ M/W 11/8-12/15 6:00-6:50pm \$28 PAC

EBSM-4D 16yrs+ T/TH 11/9-12/16 6:30-7:20pm \$24 PAC

Step Aerobics


EASM-2D 16yrs+ T/Th 11/9-12/16 6-6:50pm \$24 PAC

Total Body Conditioning

ETBM-2D 16yrs+ M/W 11/8-12/15 5:35-6:25pm \$28 PAC

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Discover Scuba-See complete description in Outdoor Recreation section, p. 10.

De-Stress for the Holidays 480-350-5201-Yoga  instructor Desiree Lewis will guide you through a series of Hatha Yoga Asanas (poses) and a Relaxation/Meditation session in this 2 hour workshop. She will discuss the benefits of yoga and meditation and help you to find the style of yoga that will be most beneficial to you. Her passion for yoga is contagious. Don't miss this journey into your soul. Fee: \$23.

KYGW-2D 16yrs+ Sa 12/18 8:30-10:30am KRC

Fore! Golf Instruction-480-350-5200-Fundamentals of golf: grip, stance, chip shots, full swings, rules, etiquette, putting and use of the driving range. All equipment will be provided. Fee: \$40.

EFOA-3D 18yrs+ T 10/19-11/9 4-5pm KMGC

EFOA-4D 18yrs+ W 10/20-11/10 4-5pm KMGC

In-Line Skate Classes-From the complete beginner to those who would like to enhance their skill, take the fear out and be "in control", let sk8right instructors show you how to get the most out of your skating. Lesson sequence consists of 4 levels designed to develop participant skills, from beginner to advanced. Although you may enter at any level, we highly recommend all novice or untrained skaters enter at Beginning level 1. Skates and protective gear will be provided or you may bring your own. Bring a water bottle and wear comfortable weather appropriate clothing. Fee: \$54.

Beginning Level 1:

GISK-1D 15yrs+ Su 10/10-10/24 8-9am KRC

GISK-2D 15yrs+ M 11/8-11/22 5-6pm KRC

Beginning Level 1 & 2 Beginning & Advanced Beginning

GISK-3D 15yrs+ Su 11/7-11/21 9-10am KRC

Advanced Level 3

GISK-4D 15yrs+ Su 12/5 & 12/12 10-11:30am KRC

Jujitsu 480-350-5201-Learn a Jujitsu System that was used by feudal police of the Samurai Era. This class will focus on basic concepts, such as joint locks, throwing, choking, blocking, striking, pinning, ground fighting and nerve center manipulation. No prior martial art training is needed. Class meets on Thursday and Sunday.

KJUJ-5D 15yrs+ Th 9/2-9/30 8-9:30pm KRC \$40

KJUJ-6D 15yrs+ Su 10/3-10/31 2-3:30pm KRC \$40

KJUJ-7D 15yrs+ Th 11/4-11/28* 8-9:30pm KRC \$30

KJUJ-8D 15yrs+ Su 12/2-12/12 2-3:30pm KRC \$20

KJUJ-8D 15yrs+ Th 12/2-12/12 8-9:30pm KRC \$20

KJUJ-8D 15yrs+ Su 12/2-12/12 2-3:30pm KRC \$20

*No class on 11/11 or 11/25.

Kick Aerobics-This class blends the cardio training and toning of traditional aerobics with the added spice of kickboxing techniques and routines. 8 weeks: 9/14-11/4. Fee: \$16.

ZAER-1D 16+yrs T 5:30-6:30pm ESCA

ZAER-2D 16+yrs Th 5:30-6:30pm ESCA

Holiday Kick Aerobics-Kick away those unwanted Holiday calories. Our innovative aerobics class blends the cardio training and toning of traditional aerobics with the added spice of kick boxing techniques and routines. 4 weeks: 11/16-12/16. No class 11/23 & 11/25. Fee: \$8.

ZHKA-1D 16yrs+ T 5:30-6:30pm ESCA

ZHKA-2D 16yrs+ Th 5:30-6:30pm ESCA



Martial Arts, The American Kenpo System-A Proven self defense system that teaches citizens how to deal with the threats of today's potentially violent encounters. The principles taught focus on the natural functionality and mechanics of the human body and are explained through physics and geometry. Emphasis is placed on environmental awareness, proper anatomical alignment, mass engagement and the perpetuation of energy. The basis of martial action is founded on each individual's moral and ethical code and with this established the student learns to fully engage the mind to effectively meet the objectives of personal peace protection. It is the goal of the American Kenpo teacher to propel each student to his or her fullest potential, to strengthen self-confidence and to perpetuate the martial way that has for centuries taken its practitioners to new heights of character and purpose in life. Fee: \$40 Adult; \$20 Youth.

EKAM-7D 13yrs+ Sa 9/25-12/11 8:30-9:55am CRC

Martial Arts, Judo 480-350-5200-An Olympic sport, Judo is a form of grappling, throwing and self defense. Techniques are indicative to many styles of Jujitsu. Traditional martial arts for beginning and intermediate students. Sweats recommended. Fee: Adult-\$40; Youth-\$20.

EJUM-1D 13yrs+ M 10/11-12/20 7-8:30pm LIBR

EJUM-2D 13yrs+ Sa 10/16-12/18 10-11:30am CRC

Karate 480-350-5201-Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35 (required). New student orientation at 5:30pm on first day of class. This is an on-going program with room for belt rank advancement (there are belt-testing fees).

KKAR-5D 15yrs+ T/Th 9/2-9/30 6-7:30pm KRC \$50

KKAR-6D 15yrs+ T/Th 10/5-10/28 6-7:30pm KRC \$50

KKAR-7D 15yrs+ T/Th 11/2-11/30* 6-7:30pm KRC \$50

KKAR-8D 15yrs+ T/Th 12/2-12/16 6-7:30pm KRC \$25

*No class on 11/11 or 11/25.

Martial Arts, Karate 480-350-5200-Join this traditional martial arts class for beginning and intermediate students. Wear comfortable clothing, sweats are recommended. Fee: Adult \$40; Youth \$20.

EKAM-1D 13yrs+ Sa 10/16-12/18 11:35am-1pm CRC

Martial Arts of the Peaceful Warrior 480-350-5200-This system of self-defense is based on the principles of jujitsu, karate, aikido and street defensive techniques. Emphasizes the importance of non-violence. Family participation is encouraged. Fee: Adult \$31; Youth \$18.

EKAM-3D 6yrs+ Sa 9/25-11/13 1:00-2:20pm PAC

EKAM-4D 6yrs+ Sa 9/25-11/13 2:25-3:50pm PAC

↓ Activities for Adults

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Martial Arts, Advanced 480-350-5200-Fee: Adult \$31; Youth \$18. Permission of instructor required.
EKAM-5D 8yrs+ Th 9/23-11/18 7-8pm LIBR

Martial Arts, Self Defense-For Women Only 480-350-5200-Learn how to protect yourself using attitude awareness and ability to develop practical ways to reduce your vulnerability to crimes such as rape and assault. Fee: Adult \$31; Youth \$18.
EKAM-6D 16yrs+ W 9/22-11/10 6:30-8pm LIBR

Meditation, Introduction-480-350-5200-Learn techniques you can use to bring calmness and clarity into your life and relationships using your own mental energy. Fee: \$42.
GMED-1D 16yrs+ W 9/15-12/15 5:30-6:30pm CRC

Meditation, Zen-This is a structured classical Zen meditation session using kōne study and meditative techniques. Traditional and modern methods are taught in this class. Fee: \$42.
GMED-2D 16yrs+ W 9/15-12/15 8:00-9:00pm CRC

Park Walk-Take a walk in various Tempe parks. Take your first step to a healthier lifestyle. 8 weeks: 9/15-11/3. Fee: None.
ZPWK-1D 18yrs+ W 9-10:30am ESCA

Holiday Park Walk-This is a great way to help shed some of those Holiday calories. Discover the beauty of your neighborhood parks. 4 weeks: 11/17-12/15. No class 11/24. Fee: None.
ZHPW-1D 18yrs+ W 9-10:30am ESCA

Pilates/Mat Science with Desiree Lewis 480-350-5201-Join us for a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The exercises are derived from pilates, yoga, dance and sports rehab conditioning. The focus is on mindful movement, core stabilization techniques and unified body movements. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KPLT-1D 16yrs+ W 9/8-11/3 6:15-7:15pm KRC
KPLT-2D 16yrs+ Th 9/9-11/4 9-10am KRC

Pilates/Mat Science; Intermediate with Desiree Lewis 480-350-5201-If you are ready to take your pilates based mat class to the next level, join us for intermediate matwork. This progressive series of exercises will improve your strength, flexibility and balance. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KPLT-3D 16yrs+ T 9/7-11/2 9-10am KRC

Pilates Workshop 480-350-5201-Join us for an introduction to Pilates matwork followed by a class using the Pilates Magic Circle. Pilates matwork incorporates a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The focus is on mindful movement, core stabilization techniques and unified body movements. Fee: \$23.
KPLT-4D 16yrs+ Sa 10/9 8:30-10:30am KRC

Relaxation Workshop 480-350-5201-Join us for a morning of peace and quiet to soothe your soul. Yoga instructor Desiree Lewis will guide you through a series of meditation techniques in this tranquil 2 hour workshop. This relaxing class will cover breathing techniques, guided visualizations, yoga nidra and progressive relaxation. Fee: \$23.
KYGW-1D 16yrs+ Sa 11/6 8:30-10:30am KRC

Tai Chi Level 1 480-350-5200-Internal system to increase self-awareness, self-confidence and balance. Slow meditative movements teach internal focus and reduce stress levels. Fee: \$49.
ETCA-1D 18yrs+ M 9/13-12/13 6:30-8pm KRC
ETCA-2D 18yrs+ M 9/13-12/13 8:05-9:35pm KRC



Tai Chi Level 2 480-350-5200-For participants with previous T'ai Chi experience. ***No class 11/11 & 11/25 (12 wks)** Fee: \$43.
ETCA-3D 18yrs+ Th 9/16-12/16 5:30-7pm CRC

Tai Chi Level 3 480-350-5200-For students who have completed Level 2. ***No class 11/11 & 11/25 (12 wks)** Fee: \$43
ETCA-4D 18yrs+ Th 9/16-12/16 6:30-8pm CRC

Yoga, Introduction-This class will help you get started. Learn what equipment you need and what you can use from around the house rather than making costly purchases. You will learn a basic warm-up routine, basic beginning level sun salutation and you will learn a new Asana (posture) each class session. Fee: \$31.
EYOM-1D 16yrs+ M 9/13-11/1 5:30-6:25pm KRC

Yoga Level 1-Ancient science bringing mind and body together. Students and instructors work toward goal through the systematic exercising and conditioning of physical body. Body becomes more flexible, muscles toned; concentration and coordination are steadily improved. ***No class 11/11, 11/25 & 11/26. *No class 10/28.**
EYOM-2D 16yrs+ M 9/13-12/13 5:00-6:25pm \$53 CRC
EYOM-3D 16yrs+ M 9/13-12/13 6:30-7:55pm \$53 CRC
EYOM-4D 16yrs+ T 9/14-12/14 5:30-6:55pm \$53 CRC
EYOM-5D 16yrs+ W 9/15-12/15 10:30am-Noon \$53 PAC
EYOM-6D 16yrs+ Th 9/16-12/16 7-8:30pm \$45 ESCA
EYOM-7D 16yrs+ F 9/17-12/17 10:30-Noon \$49 KRC

Yoga, Level 1 & 2-Combined level classes ***No class 11/11, 11/25 & 11/26.**
EYOM-8D 16yrs+ T 9/14-12/14 11:30am-1pm \$53 HH
EYOM-9D 16yrs+ TH 9/16-12/16 11:30am-1pm \$53 HH

Hatha Yoga with Desiree Lewis 480-350-5201-This eclectic yoga class takes you through a series of static postures that will increase your strength, flexibility and balance. The smooth transitions of this class allow you to detach and move inside yourself for a truly meditative experience. Desiree offers variations and modifications of the postures to allow students of all levels to work at their ability. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KYOG-1D 16yrs+ T 9/7-11/2 10-11am KRC
KYOG-2D 16yrs+ Th 9/9-11/4 10-11am KRC

Yoga/Pilates Combo with Desiree Lewis 480-350-5201-Integrate movements from both Hatha Yoga and Pilates to increase mind and body wellness. (Drop in fee: \$9.50 per class.) **Special Note:** The first week of this class is **FREE** to anyone, invite your friends and family to "Come Out and Play at KRC" the week of 9/6. Fee: \$55.
KYPG-1D 16yrs+ W 9/8-11/3 5-6pm KRC

Yoga, Yin & Restorative-End your long hectic week with a slow, long holding, supported practice targeting the connective tissue of the hips, pelvis and lower spine. You will leave feeling renewed and refreshed. ***No Class 11/26.**
EYOM-10D 16+yrs F 9/17-12/17 5:30-6:55pm \$49 CRC

Yoga Level 2-Deepen your practice, increasing your strength, flexibility, breath and focus. Practice more advanced poses and their variations with modifications for all skill levels. Strength & flexibility not a prerequisite. ***EYOM-12D 12 sessions, late start date.**

EYOM-11D 16yrs+ T 9/14-12/14 7-8:30pm \$53 CRC
EYOM-12D 16yrs+ M 9/27-12/13 7:00-8:30pm \$45 PAC

Yoga for the Larger Body-Have you been planning to start a fitness routine to reduce stress and renew energy but feel out of place in a regular yoga class? Join us to learn to stretch and develop strength in a gentle, You oriented way. Modifications for all skill and fitness levels. Strength and flexibility is not a prerequisite. Fee: \$53.
EYOM-13D 16yrs+ W 9/15-12/15 6:00-7:30pm WCC

Yoga, Multi-Level-A class with something for everyone, from the beginner to the more advanced. Variations will be taught according to the level of each student. Fee: \$53.
EYOM-14D 16+yrs T 9/14-12/14 7:25-8:55pm PAC

YOGA WORKSHOPS:

Parent/Child-Would your child like to come to Yoga with you? This is your chance to join Marcene in this parent/child workshop. Breathing and fun poses will help kids channel their energy and focus their minds. Fee: \$15 (1 Adult, 1 child)
EYOM-15D 6yrs+ Sa 11/13 Noon-2pm LIB

Partner Yoga-Register with a spouse, friend, brother, sister, or office buddy. Perfect for anyone interested in fitness, releasing tension and having a good time. Bring your own sticky mat. Fee: \$10/per person. Instructor: Marcene Alvey
EYOM-16D 16yrs+ Sa 10/9 Noon-2pm LIB
EYOM-17D 16yrs+ Sa 11/20 Noon-2pm LIB

Pre-Natal Yoga-Learn gentle, supported poses and breathing techniques to relax, decrease anxiety and increase focus. Prepare yourself physically, mentally and emotionally for birth. You will need a Dr.'s release to participate. Instructor: Marcene Alvey Fee: \$10.
EYOM-18D 16yrs+ Sa 10/23 Noon-2pm LIB

Yoga, Qigong-480-350-5200-Chinese style yoga combines gentle movement, meditation and breath regulation to enhance the body's energy flow. Cultivates inner strength, calms the mind and restores the body's natural state of health. Practiced at any age regardless of physical ability. Gentler exercise than Tai-Chi & Yoga, but equally powerful benefits. Fee: \$30.
ECGM-1D 16yrs+ W 9/15-12/8 6:45-7:45pm CRC

Weight Management through Hypnosis-Get slim and healthy! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of Hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear sweats and bring a pillow to class. Fee: \$75.

GWMH-1D 18yrs+ M 9/20-10/25 7-8:30pm PAC
GWMH-2D 18yrs+ M 11/8-12/13 7-8:30pm PAC

Personal Health and Wellness

Ayurveda: The Science of Life 480-350-5201-Join Desiree Lewis for an introduction to Ayurveda. Ayurveda is based on the principle that every individual person has a unique constitution. Determine your dosha and then learn what lifestyle choices including food, exercise and daily routines will help to keep your constitution balanced. When you are in balance you will feel healthy and vital, inside and out. Fee: \$20.

KAYU-1D 18yrs+ Sa 11/6 11am-12:30pm KRC

Back To School, Healthy Lunches 480-350-5201-Learn to make healthy lunches and snacks for your child every day of the week. Children welcome to attend with parent. Taught by a Registered Dietician. Fee: \$16.
KLUN-1D 18yrs+ Sa 9/18 10-11am KRC

Activities for Adults

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Anxiety and Depression 480-350-5201-This is a chronic degenerative disease that is on the rise in this country, especially with women. Find out the cause of depression and anxiety and be empowered to take control of your health. Taught by Jane Hendricks N.M.D. Fee: \$5.
KAAD-1D 18yrs+ Sa 11/20 10am-12pm KRC

Obesity 480-350-5201-If you are overweight and have struggled with dieting, this is the class for you! Find out the two underlying causes of being overweight and why it is affecting nearly half of the American population. Parents of children who are overweight can find out how to help their kids reach optimal body fat with delicious foods. Taught by Jane Hendricks N.M.D. Fee: \$5.
KOB-1D 18yrs+ Sa 11/6 10am-12pm KRC

Abundant Health 480-350-5201-Learn the cause of disease and the stages of degeneration. Move beyond maintenance and live a rich quality of life. Taught by Jane Hendricks N.M.D. Fee: \$5.
KAHE-1D 18yrs+ Sa 10/23 10am-12pm KRC

Heart Healthy Living 480-350-5201-Learn heart healthy eating habits along with the difference between good and bad cholesterol and how to properly read a food label. Taught by a Registered Dietitian. Fee: \$16.
KHHL-1D 18yrs+ Th 10/28 7-8pm KRC

General Interest (480) 350-5200

Baby Brain Boxes-The Escalante Community Center and the Tempe Public Library present this interactive, activity for parents/caregivers and children. The Brain Boxes consist of 12 individual kits: 2 for infants, 2 for babies, 2 for toddlers and 6 for pre-school children. Each box contains activities that encourage healthy brain development. Specific instructions are included. Parents/Caregivers can check out one box at a time. Numbers are limited. Parents/Caregivers are responsible for replacing all perishables, lost or damaged items. To check out a brain box, contact Nick at 480-350-5802. 14 weeks: 9/13-12/18 Fee: None.
18yrs+ T-F 11-5pm ESCA

Infant Brain Development-The Tempe Public Library presents this parent literacy training workshop. Presented in easy-to-understand terms, the class will focus on infant brain development by emphasizing the concept of the parent as the first teacher. Fee: None.
ZIFD-1D 16yrs+ W 10/13 10-11am ESCA
ZIFD-2D 16yrs+ W 12/15 10-11am ESCA

It's a Start-Are you looking for a job? Bring in your resume and we can help you to make it more effective. Call to make an appointment (480)350-5826. 14 weeks: 9/13-12/18 Fee: None
16yrs+ M-F 11am-2:30pm ESCA

Active Parenting Today-This six week video based discussion class will discuss topics such as rewards and punishment, instilling courage and self-esteem, behavior, developing responsibility and cooperation. 6 weeks: 10/18-11/22. Fee: \$15 payable to the instructor for text at first class.
ZAPT-1D 18+ M 6-7:30pm ESCA

Baby Signs Workshop 480-350-5201-Parents, prevent frustration and tantrums from your child by teaching them to communicate through sign language. Increase your child's vocabulary and learning potential. This workshop is designed for parents of infants, toddlers and parents-to-be. A \$30 supply fee is due to the instructor at the beginning of class for a Baby Signs® Parent Workbook, Sampler Video, DVD and other great Baby Signs® materials. (Parent workshop, only adults may attend.) Fee: \$26.
KBSN-1D 18yrs+ Sa 9/25 9-11:30am KRC
KBSN-2D 18yrs+ Th 10/7 6-8:30pm KRC
KBSN-3D 18yrs+ Sa 10/23 9-11:30am KRC

Chess Beginning-Learn to play this centuries-old game of strategy with Alan Anderson of Checkmate Chess Instruction. This 10 week interactive class will give you the skills you need to play and enjoy the game of Chess. Class combines interactive discussion with structured play. All materials provided including book Chess Rules for Students. This is a great opportunity to learn the game while meeting future Chess partners. *No Class 11/11,11/25. Fee: \$66.
GCHS-1D Adult Th 9/16-11/25 10:30-Noon PAC

Coupon Sense 480-350-5201-Do you spend too much at the grocery store? Would you like to learn to save 50% or more every time you shop? In this three-part class, students will (1) Learn an easy-to-use organizational system that makes couponing easy! (2) Hands on preparation for an actual shopping trip to see actual savings (coupons will be provided). (3) More advanced coupon skills will be taught in the last class as well as some online ways to save. Couponing is a great and fun way to save substantial amounts of money. \$2 supply fee due to instructor on 2nd class. Fee: \$34.
KCS1-1D 18yrs+ Th 9/16-9/30 7-8:30pm KRC

Community CPR and First Aid 480-350-5201-This American Red Cross class teaches participants how to use the Emergency Medical Service (EMS). Training includes care for breathing and cardiac emergencies (CPR) for adults, children and infants, how to care for sudden illnesses and injuries, burns; controlling bleeding and an introduction to AED use. CPR certification is valid for 1 year; First Aid is valid for 3 years. Fee: \$40.
KFA-1D 12yrs+ Sa 11/13 8:30am-5:30pm KRC
KFA-2D 12yrs+ Sa 12/4 8:30am-5:30pm KRC

Standard First Aid 480-350-5201-This American Red Cross class teaches participants how to use the Emergency Medical Service (EMS) and how to care for sudden illnesses, injuries and burns. Training includes controlling bleeding, bandaging and splinting. First Aid certification is valid for 3 years. Fee: \$26.
KFA-3D 12yrs+ Sa 11/13 1:30-4:30pm KRC
KFA-4D 12yrs+ Sa 12/4 1:30-4:30pm KRC

Dogs: Save-A-Pet-Taught by local veterinarians, class covers areas such as first aid for pet injuries or poisoning and CPR. A 'must' for all pet owners. Tips on pet care and health is also included, as well as 'hands-on' CPR with the resuscidog. Information booklet included. Fee: \$8
GVAA-1D 18yrs+ T 10/19 6:30-8:30pm UNIV

Dog Training-Socialized obedience for pet owners who don't want to be dog trainers, but want control of their dog. Training leash (6') and nylon slip collar required, no prong collars permitted. Slip collar available for purchase from instructor \$3. Dogs must be at least 5 months old and have had all shots and license. Proof required of both vaccinations and licensing at first class. Must attend all classes to be eligible for test and certificate. Fee: \$36.
GDTA-1D 18yrs+ W 9/22-11/10 6:30-7:30pm HOL
GDTA-2D 18yrs+ Sa 9/25-11/13 9-10am HOL

Homebuyer Education & Learning Program (H.E.L.P.)-If you are interested in buying your own home but feel you may not qualify, H.E.L.P. will prove to be an exciting informative program to answer your home buying questions. Receive guidance on budgeting for home purchase, shopping for a realtor, negotiating offers, shopping for a home loan, the closing process and home maintenance tips. At workshop completion, you will be eligible for a reduction in the mortgage insurance premium on an FHA-insured mortgage. Fee: None.
GHEA-1D 18yrs+ W 9/22 & 9/29 6-9:30pm PDS

French Language and Culture Level 1-A beginner's class for those who would like to learn about the country of France and the French language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art, music and more of this interesting country. Fee: \$38.
GFRN-1D 18yrs+ M 9/20-11/8 7-8pm KRC

French Language and Culture Level 2-A continuation for those who have taken level 1 Fee: \$38.
GFRN-2D 18yrs+ M 9/20-11/8 8:05-9:05pm KRC

Russian Language and Culture-A beginner's class for those who would like to learn about the country of Russia and the Russian language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art and music of this fascinating country. Fee: \$38.
GRUS-1D 16yrs+ T 9/21-11/9 6:15-7:45pm KRC

Russian for Families-A parent/child class. See page 15 in youth section for details.

Spanish Level 1-Basic Spanish using common phrases and vocabulary for greetings, numbers, days, months, color, food and weather. Fee: \$38.
GSPA-1D 18yrs+ M 9/20-11/8 6-7:15pm PAC
GSPA-2D 18yrs+ M 9/20-11/8 7:30-8:45pm PAC

Spanish Level 2-Continuation of level 1. You will learn more about verbs, idioms and forming questions. Fee: \$38.
GSPA-3D 18yrs+ W 9/22-11/10 6-7:15pm KRC
GSPA-4D 18yrs+ W 9/22-11/10 7:30-8:45pm KRC

Starting a Home Based Business-Explore the opportunities available to you in working from home. You will examine 30 businesses you can be successful at from home. Learn how to price your services so you make money, low-cost marketing strategies, how to balance your business and home life and more! Janet Drez, president of A Perfect Solution, Home-Based Business Council Chairwoman and national speaker has been helping people make the successful transition from employee to entrepreneur for 14 years. Fee: \$20.
GHCA-1D 18yrs+ Sa 9/25 Noon-4pm PAC

Special Events at Kiwanis Recreation Center

6th Annual Family Campout
Saturday & Sunday, October 30 & 31, 2004
Kiwanis Recreation Center
6111 S. All America Way
480-350-5201

"Lions and Tigers and Bears, Oh My!" Share a bonfire with your family, neighbors and loved ones at the Kiwanis Park Recreation Center beginning Saturday, October 30 at 12pm through Sunday, October 31, 2004 at 12pm. There will be singing, a bonfire, games, storytelling, skits and special guest appearances from outdoor professionals to teach outdoor skills. Come join us around the campfire where singing, stories and s'mores will be plentiful. Campers will need to supply their own tents, sleeping bags, gear and food for this event. OR, you can contact Outback Outfitters at 480-985-1679 or www.outbackaz.com to rent your needed camping items. For a nominal additional fee you can add ALL your meals, snacks and beverages to make this weekend truly effort free. Make memories happen and register today!

Fee: \$12 per person regular registration OR
\$30 per person regular registration including all food, snacks and beverages
\$15 for children 12yrs and younger including all food, snacks and beverages

This program requires completion of a registration form not found in this brochure. Registration Form can be obtained at the Kiwanis Recreation Center, from Outback Outfitters, by calling 480-985-1679, or on the web at www.Outbackaz.com

The KRC Family Campout is an Outback Outfitters, Inc. production. No refunds will be available.

Activities for Adults

Friday Nite's Main Event

September 10-December 17
Kiwanis Recreation Center
6111 S. All America Way
480-350-5201

Friday Nite's Main Event is an interactive youth entertainment program for 9-14 year olds. This program offers an exciting "Nite Out" for parents and their children virtually every Friday at KRC from 7 until 11 p.m. Parents simply fill out a short registration form and pay an \$8 admission fee, then they are free to go enjoy an "evening off" while their child enjoys an "evening out." Activities most weeks include a live DJ, karaoke, dance contests, basketball tournaments, body art, raffles, concessions and much more. (Additional fees for food, raffles and specialty items.) For more information please call 480-699-0163.

Family Fishing Day

Saturday, October 30, 2004
Kiwanis Recreation Center
6111 S. All America Way
480-350-5201

Kiwanis Park Recreation Center wants to have your Family "hook, line & sinker" on Saturday, October 30, 2004 from 8am till 12pm. This is the perfect time to get "hooked" on fishing and spend some fun time with your loved ones. All fishing event materials will be provided to the participants. Participants will meet at 8am at Kiwanis Lake Ramadas #4 & #5. Additionally, anglers are encouraged to bring their own snacks and beverages for a family fun day at Kiwanis Lake. Fee: \$3 per person.
KFFD-2004 8yrs+

Computer Instruction @ Escalante

Genealogy for Seniors-The Escalante Community Center and the Tempe Public Library present this informative class. Learn to access the enormous amount of genealogical information on the Internet. Tips will be given on how to make your search more successful. Basic computer skills required. Fee: None.

ZGEN-1D	50yrs+	W	10/20	9-10am	ESCA
ZGEN-2D	50yrs+	W	12/8	9-10am	ESCA

Intro to Computers-Don't let a computer intimidate you! Learn the basic mechanics of how a computer works; how to play solitaire using the computer to master the mouse; a brief week of "surfing the internet" and even how to type a letter using Microsoft Word. This is a LEVEL 1 class. Fee: \$10.

ZITR-1D	18yrs+	M	9/13-10/11	10-11am	ESCA
ZITR-2D	18yrs+	M	10/18-11/15	10-11am	ESCA

Internet and E-mail Made Easy-Are you interested in "surfing the web", how to use a search engine and send messages, electronically? This LEVEL 2 class is for you! A working knowledge of computers, the keyboard and the mouse is required for this program. The last two weeks of instruction are self-paced and include one-on-one assistance and review. Fee: \$5.

ZEME-1D	18yrs+	T	9/14-10/12	10-11am	ESCA
ZEME-2D	18yrs+	T	10/19-11/16	10-11am	ESCA

Working with Word-Learn how to create letters or documents, tables, labels and more using Microsoft Word; saving and editing included in this LEVEL 3 class. A working knowledge of computers, the keyboard and the mouse is required for this program. Session #1, 9/15-10/13 or Session #2, 10/20-11/17. Fee: \$10.

ZWRD-1D	18yrs+	W	9/15-10/13	10-11am	ESCA
ZWRD-2D	18yrs+	W	10/20-11/17	10-11am	ESCA

Excel Basics-Learn how to prepare, edit, sort, save and create formulas in a spreadsheet using Microsoft Excel in this LEVEL 4 class. A working knowledge of computers, the keyboard and the mouse is required for this program. (The class on 11/18 is a 2-hour class). Fee: \$10.

ZEBS-1D	18yrs+	Th	9/16-10/14	10-11am	ESCA
ZEBS-2D	18yrs+	Th	10/21-11/18*	10-11am	ESCA

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



It's Your Business @ the Library

To register for a business class, call 480-350-5511. For more information about these free programs call Rolf Brown at 480-350-5563 or visit our web site at <http://www.tempe.gov/library/events/yourbiz.htm>.

Creating a Positive Future-Personal coach and goals strategist, Nancy Nordstrom will help attendees realize their goals and improve their lives by finding and keeping a positive outlook. Most of our self-defeating behavior comes from within and is put in place by a negative emotional state. If one can move to a more positive emotional state many other goals can be achieved.

T	9/14	7pm	Study Room E
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Financial Planning 101-We all know the secrets of financial success: spend less than you earn; stay out of debt and build for the future. Learn about the tools for success: debt management, capital accumulation, mutual funds, tax advantaged investments and strategies to help you move ahead to achieve your potential wealth.

T	9/14	7pm	TLC
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Demystifying Real Estate for the New Home Buyer-Speakers from a real estate agency, a title company and a loan office will talk about what the first time buyer needs to do to purchase a home. Costs, time frame, credit history and numerous other details will be covered in this comprehensive program. Detailed handouts will be supplied.

T	9/21	6pm	TLC
T	10/19	6pm	TLC
T	11/9	6pm	CAC

How to Invest with Limited Funds-Financial success is not just for high income individuals. Anyone with an income can invest and grow his or her personal wealth using a wide range of financial instruments. The most difficult part is getting started. This program, presented by Jeff Cutler, a local radio show host, will explain how to get started and what to do put your funds to work for your future.

Th	9/23	7pm	TLC
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How to Pay for College Without Going Broke-Larry Misenko, an expert on college education finance, will present a free seminar on how to significantly reduce the cost of a college education. He will show how expensive out-of-state private schools need cost no more than the local public university. He will cover how to increase your financial aid eligibility and how to avoid some of the costly mistakes made when filling out the various financial aid forms.

T	9/28	7pm	TLC
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The Business of Writing-Judy Pearson, a published writer, will explain the practical aspects of earning money as a writer. Some of the topics covered include how to make your work attractive to editors, how to deal with deadlines, what kind of income can be expected and dealing with the tax man. If you've ever thought about writing for profit, then consider this program as a first step. This free seminar will be offered twice.

T	9/28	7pm	Library Conference Room
T	11/16	7pm	Library Conference Room

Smart Women Finish Rich-Rebecca Kennell and Gail Andrews will present an educational seminar providing you with seven steps to help you achieve financial security and fund your dreams. If you act upon these simple steps to improve the quality of your financial life, you will be well on your way to a fuller and richer life! Based on the best-selling book by David Bach, Broadway Books, 1999.

Th	9/30	7pm	TLC
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Placing Your Business or Organization on the World Wide Web-Dave Kelly, Webmaster for the City of Tempe, will conduct a seminar on what is needed to put a web site out on the Internet. He will discuss how to reach the widest possible audience, registering with search engines, finding a domain name and who will host your site. Security issues and cost will also be addressed.

T	10/5	7pm	Library Program Room
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Retirement Plan Distribution-You've done well and set aside one or more IRAs-but now you have to start taking distributions from these accounts. What is the best way to handle these distributions? What are the tax implications of reinvesting in another financial vehicle? This seminar looks at these and other issues facing our increasingly long-lived population.

Th	10/7	7pm	CAC
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Retirement Planning Strategies-Explore different strategies for establishing and maintaining a sound retirement plan. Examine your savings personality and how much you need to save now to meet your retirement goals. Explore the different sources of retirement income and the different types of employer sponsored retirement plans. Look at IRAs to determine whether they are right for you. And finally, this seminar helps you put all of this together so that you will have a good idea of what you want to accomplish and how you will go about attaining that goal.

T	10/12	7pm	CAC
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Mother and Daughter Basics of Investing-Teach your daughters the facts of finance! This is a beginning seminar for daughters and their parents. Rebecca Kennell and Gail Andrews will discuss financial goals and objectives, stocks, bonds and mutual funds. The presentation is interactive to take complex financial subjects and make them easy and enjoyable. This is an opportunity to empower your children with good money habits.

Th	10/14	7pm	TLC
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Goal Setting-Motivational speaker James Murphy will present a seminar about creating goals, measuring results, prioritizing and finding the self-discipline to sustain your commitment. The speaker is an experienced coach and motivational trainer who works with some of the biggest names in the field.

Th	10/21	7pm	TLC
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Activities for Retirees

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Retiree Book Club-All retirees are invited to join the book club at Pyle Adult Recreation Center. We will have a book to read each month and we will then meet once a month to discuss the book. Members of the group will provide their own copies of the books. The group will agree on the books that will be read each month. Book club members will meet once a month on Fridays from 9am-11pm at the Pyle Adult Recreation Center. There is no fee for the club, we ask that you do call in to register at 480-350-5211, the group size is limited.

Sewing, Crocheting, Knitting all for Charity-Join our Needlewielders and you will assist the group in making various projects that require sewing, knitting, crocheting, stuffing stuffed animals, hemming and a lot of socializing! All items made in the group are donated to local charities and hospitals. The group meets each week on Tuesdays from 9-1 at the Abiding Savior Lutheran Church and Thursday from 9-1 at the Pyle Adult Recreation Center. Bring a sack lunch, and get ready for some SEW special fun! For more information, or questions call 480-350-5211.



Westside Retiree Center 480-858-2420

Monday-Friday 8:30am-2:30pm

The Westside Retiree Center offers a fully equipped fitness room (schedule a free fitness room orientation), computers, billiards, health & fitness challenges, luncheons, classes, workshops and special events for ages 50 and over!

WEEKLY ACTIVITIES INCLUDE:

Monday	
Congregate Lunch	12pm
BINGO* (18yrs+)	6 pm
Tuesday	
Reader's Theatre	10am
Open Scrapbooking	12pm
Open Billiards	12pm
Special Events/classes	
Wednesday	
Special Events/classes	
New Release Movies	9am
Thursday	
Congregate Lunch	12pm
Friday	
Lunch/BINGO* (18+)	12pm/1pm
*Card sales begin 30 minutes prior to BINGO.	

Monthly Activities Include-The Westside Retiree Center has classes, trips and special events on various days of the month. Please refer to your monthly newsletter or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Association) for meal discounts, monthly newsletter and first priority in registration. You can sign up for Westside programs at the Pyle Recreation Center as well as the Westside Center.

Special Events-Join the fun for a lunch, breakfast or outing at the Westside Retiree Center. Entertainment or themed activities often accompany the meal. Please register by the Friday prior to the event date. For additional information on the following special events and menus, please refer to the monthly Roadrunner Chronicle.

Back to School Luncheon-Join us as we get ready for the school year to begin. We'll have entertainment and a fun back to school meal. Fee: \$4 for RTA members; \$5 non-members.
YLUN-1D 50yrs+ F 9/17 11am WCC

Fall Festival Luncheon-Join us for a special celebration welcoming the cooler fall weather. We'll have some wonderful entertainment and a delicious menu planned. Fee: \$4 for RTA members; \$5 non-members.
YLUN-2D 50yrs+ F 10/8 11am WCC

Halloween Party & Luncheon-Celebrate Halloween with some goolish fun, foods and entertainment. Fee: \$4 for RTA members; \$5 non-members.
YLUN-3D 50yrs+ F 10/29 11am WCC

Election Luncheon-Calling all voters to come and join us as we prepare ourselves for the presidential election. We will have a delicious lunch followed by brief presentations made by representatives from each party. Fees: \$4 RTA members; \$5 non-members.
YLUN-4D 50yrs+ F 11/5 11am WCC

Thanksgiving Luncheon-Plan to attend the Thanksgiving celebration hosted by the staff at Westside. We will have a delicious holiday menu and some unforgettable entertainment. Fee: \$4 RTA members; \$5 non-members.
YLUN-5D 50yrs+ F 11/19 11am WCC

Holiday Tea-Enjoy this lovely afternoon tea experience here at the Westside. Sign up early for this totally pampering hour of tea and holiday harp music. Fee: \$4 RTA members; \$5 non-members.
YTEA-1D 50yrs+ F 12/3 11am WCC

Westside's Holiday Party-Don't miss the Westside's holiday extravaganza. We'll have a delectable holiday luncheon and wonderful holiday music. Fee: \$4 RTA members; \$5 non-members.
YHOL-1D 50yrs+ F 12/17 11am WCC



Recreational Activities

Computer 101-Learn computer basics. You will be introduced to the Internet, email and more. Register early, space is limited. Fee: None.
YCOM-1D 50yrs+ T 9/14-10/5 9-10amWCC

Computer 102-Improve your keyboarding skills, learn to use computer programs available on our Westside computers. Register early, space is limited. Fee: None.
YCOM-2D 50yrs+ T 10/12-11/2 9-10amWCC

Fitness Challenge-Take the fitness challenge at the Westside. Work out in our fully equipped fitness room (call to schedule your fitness orientation) do a stretch and tone self monitored exercise program, chart your progress on our challenge board. Stop by the front desk to sign up. 480-858-2420.

Memory Workshop-The Memory Workshop is a free program designed to improve and enhance your memory skills. Drop in at your convenience Monday -Friday 8:30 to 2:30. Work individually or in a group on word puzzles and searches, chart your progress. Stop by the front desk to sign up.

Culinary Outings-Join us as we visit some of the valley's most interesting restaurants. The cost of each culinary opportunity will include lunch, a beverage, tax, gratuity and transportation. Trip dates and cost will be advertised in the Roadrunner Chronicle.

Breakfast & Bunco-9am on the 2nd Tuesday of each month sign up to have a delicious continental breakfast, play Bunco and win prizes! Bring a friend, the more the merrier. Cost of this fun morning activity is \$2.

Open Scrapbooking Sessions-Individuals interested in scrap booking with friends in our multipurpose room are invited to drop in on Tuesday afternoons from 12pm to 2:30pm. You must bring your own materials and supplies. Sign in and have fun!